

## SELF-CARE PEDICURE

# Love Yourself Pedicure

This Valentine's Day, help your clients prioritize self-care and encourage them to make it a habit. This enhancement and guided meditation can be incorporated into any pedicure service.



Treatment time:

**60 mins**



Suggested price:

**\$30-50**



Cost per treatment

**\$1.88**



### SAMPLE MENU DESCRIPTION:

Be kind to yourself on Valentine's Day! The Love Yourself Pedicure includes a guided meditation and a warm, moisturizing treatment for the hands.

While you enjoy a healing blend of essential oils, you'll breathe out worries, and breathe in contentment. You'll also experience soothing comfort when your hands are wrapped in hydrating warmth and your senses delighted with the aroma of chocolate.





# What you'll need:



## **ECO-FIN PLEASURE CHOCOLATE ESSENCE PARAFFIN ALTERNATIVE**

C3587

Made with plant-based emollients and pure essential oils, Eco-fin offers convenience in pre-measured, single-use cubes. No paraffin, petroleum, or synthetic fragrance. Just deeply hydrating emollients and the aroma of chocolate.



## **ESS PURE LOVE ESSENTIAL OIL BLEND, 10 ML**

ESR7566



## **ECO-FIN FINGERLESS LINERS (100 CT.)**

C226T



## **ECO-FIN BOOTIES**

C3599



## **ECO-FIN SLEEVE FOR BOOTIES**

C3601



# Protocol

## Opening Ritual



### NECK PILLOW

Place warmed neck pillow around your guest's neck and invite them to take a seat before the service begins



### ESSENTIAL OIL

Once they're seated comfortably, invite the guest to open their hands, palms up. Place 2 drops of ESS Pure Love Essential Oil Blend into the client's open palms, and have them press their hands together to disperse the oil evenly.



### DEEP BREATHS

With their palms pressed together and held at their heart, ask guest to take a deep breath, inhaling completely and exhaling totally.



# Protocol Guided Meditation



1

## RELAX

Invite your guest to close their eyes and relax their muscles.



2

## BREATH

Tell them to take a slow, deep breath in through the nose and release out slowly through the mouth.



3

## LET GO

Ask them to think about any negative or troubling thoughts they might have walked in with and to let them go. Tell them to remove all negative energy from their thoughts and to let go of any self-criticizing thoughts or self-doubt.



4

## 5 DEEP BREATHS

Ask the client to take 5 more slow, deep breaths in through the nose and release slowly through the mouth. Breathe in slowly. Exhale slowly.



# Protocol

## Eco-Fin Enhancement



### PREPARE

Preheat your towel cabi for at least one hour before your first treatment. Put 1 mitt liner into each sleeve, drop the Eco-fin cube into each liner, and roll the sleeve over itself.



### HEAT

Place the prepared roll inside the hot towel cabi for a minimum of 25 minutes. Warm with dry heat only. Once the cube is melted, you may unroll the sleeve and slide it onto your guest's hands.



### MASSAGE

Once the mitt is on, help disperse the rich emulsion evenly by massaging it over the hands. After 10-15 minutes, remove the mitts and liners and massage the remaining product into hands or forearms.



### FINISH

Place a hand towel under the treated hand, leaving enough free to wrap and dry the arm. Using the Eco-fin Pure Aloe Finishing Spray, lightly spritz the treated area. Massage and buff with a hand towel until skin appears dry, allowing the oils to disperse. If client desires, apply nail polish to toenails. While the polish is drying, discuss continuing home care with the client.